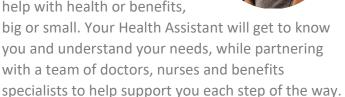




#### FOR CITY RETIREES UNDER AGE 65 ON THE "MOST" BENEFITS PROGRAM\*

# Navigating your health and benefits is easy. Just ask Accolade.

Starting January 1, 2020, you and covered family members can connect with a dedicated Accolade Health Assistant for help with health or benefits,



### Ask your Health Assistant questions like these:

- ① Can you help me find an in-network provider?
- What questions should I ask my doctor?
- I was diagnosed with diabetes now what?
- Can you help me understand my claim/bill?
- What other benefit programs might help me?

Your Health Assistant will be available by phone, online or mobile app (IOS or Google)

#### **Reach Your Goals, Enjoy the Journey**

On November 5, 2019, the City of Seattle is launching a new program to support your physical, emotional, financial and social wellbeing! We've partnered with Limeade,



the employee experience software company, to create **Thrive**. **Thrive** will combine useful tools, educational content and social support to help you reach your goals and enjoy the journey.

## Here's what you can do with Thrive starting November 5, 2019:

- Explore your interests at your own pace
- Join activities designed to build healthy habits
- Complete the assessment to learn about your strengths and areas of improvement
- Connect your devices and apps to easily track your activities on the go
- Participate in team activities and connect with others along the way
- Earn points for participation to achieve new levels and great rewards

Watch your US mail in early November for a postcard containing account activation information

\*Accolade and Thrive are for City of Seattle retirees under age 65 and their spouses/domestic partners on the "Most" benefit program. Not available to under 65 retirees on the SPOG benefit program, SHA retirees or Medicare eligible retirees.

